



# YOUR Health



Los Angeles County Department of Health Services • Public Health

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## Spring Clean Your Home of Mosquitoes

April showers bring May flowers, but pretty gardens are not the only thing that comes in the springtime. Spring is also a prime season for biting mosquitoes in Southern California. Although mosquitoes breed throughout the year, the warmer months from spring through summer increase the chance of getting mosquito-borne diseases such as West Nile virus.

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## Taking Steps Toward a Healthier Life

Every journey starts with a single step and every step you take can make your life healthier.

Physical activity can increase your energy level, strengthen your body, help you lose weight, and make you feel good about yourself. It can also reduce your risk of certain health problems like heart disease and high blood pressure.

To be healthy, adults should be active for 30 minutes each day and children for at least one hour. However, many people are not getting the physical activity they need.

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**Help Save a Life  
Learn CPR Today!**  
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# Spring Clean Your Home of Mosqu

To reduce your risk of mosquito-borne diseases, take these steps to prevent mosquitoes from breeding near your home and protect yourself from being bitten:

**1: Get rid of standing water near your home.**

Mosquitoes need water to breed and even a small amount of water is enough for mosquitoes to lay their eggs in. Because some mosquitoes can mature in just 5 days, it is important to drain standing water weekly.

- Dump extra water from buckets, planters, and flowerpots.
- Change the water in pet dishes and bird baths weekly.
- Drill holes in tire swings to let water drain out.
- Keep children’s wading pools on their side when not in use.
- Make sure rain gutters are free from clogs such as leaves.
- Check for water in wheelbarrows, trash can lids and recycling bins.

For those who have pools or ponds, make sure the water is properly filtered and cleaned with chemicals. Mosquito-eating fish can also be used in ponds and water gardens to keep mosquitoes from breeding.

**2: Make sure that all doors and windows have tight-fitting screens**

Tight-fitting screens can prevent mosquitoes from coming inside homes.

- Check screens for tears or holes
- Make sure to repair or replace screens that are broken.

**3: Avoid mosquito bites**

Mosquitoes are most active during the evening and early morning (dusk to dawn), so avoid going outdoors during these times. If you must go outdoors:

- Wear long pants, long sleeved shirts and other protective clothing to avoid mosquito bites.
- For exposed skin, use insect repellants (10-30% DEET for adults and children over 2 months of age). Please read and use according to the instructions on the label.

**4: Keep your community mosquito-free.**

Residents who know of pools that are not well-maintained or notice bodies of standing water around their neighborhood should call their local mosquito/ vector control office:

Antelope Valley Mosquito and Vector Control District:  
**661-942-2917**

Compton Creek Mosquito Abatement District:  
**310-639-7375**

Greater Los Angeles County Vector Control District:  
**562-944-9656**

Los Angeles County West Vector Control District:  
**310-915-7370**

San Gabriel Valley Mosquito and Vector Control District:  
**626-814-9466**

Long Beach Vector Control Program:  
**562-570-4132**

Pasadena Vector Control Program:  
**626-744-6004**

For more information on mosquitoes or mosquito-borne diseases, visit <http://lapublichealth.org/eh/index.htm> or call (800) 427-8700.

**How to Report Dead Birds in Your Neighborhood for WNV testing**

Dead birds may be a sign that West Nile virus is passing between birds and the mosquitoes in the area. Although contact with birds (alive or dead) or other animals cannot transmit WNV to humans, you can help the county health department monitor for WNV by reporting dead crows, ravens, jays, hawks and owls to Veterinary Public Health for testing. Click on “Animal Disease Reporting Form” at <http://lapublichealth.org/vet/disintro.htm> or call 562-401-7088.

## What is West Nile virus?

West Nile virus (WNV) is a disease that can be spread to people and other animals through the bite of an infected mosquito. Four out of five people who are infected with WNV will not experience symptoms. However, some will experience fever, headache, body aches, nausea, vomiting, or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have been sick for several weeks. In rare cases, individuals can experience severe illness that requires emergency medical treatment, such as meningitis, encephalitis or muscle paralysis. The elderly and those with weakened immune systems (such as those with HIV/AIDS or diabetes) are at greatest risk for developing severe illness.

# Fight the Bite!



Protect yourself from...

## West Nile Virus

### AVOID MOSQUITOES

- ▶ **DRAIN:** drain standing water.
- ▶ **DUSK and DAWN:** protect yourself by wearing long sleeves and pants and use insect repellent.
- ▶ **DEET:** use insect repellent with DEET in it.

For more information visit  
[www.lapublichealth.org](http://www.lapublichealth.org)  
or call (800) 975-4448



COUNTY OF LOS ANGELES  
DEPARTMENT OF HEALTH SERVICES  
**Public Health**

## Toward a Healthier Life...from page 1

One of the easiest ways you can be physically active is to make walking a regular part of your day. Not only is walking inexpensive to do, it can also be fun if you find a partner or group to walk with you.



Try walking with a coworker during your lunch hour, going with a friend or neighbor after work, or walking your children to and from school. If you can, try parking your car or getting off the bus further away and walk the extra distance to the store, school, or work.

### Other tips for walking include:

- Wear walking shoes with flexible soles that will cushion your feet and absorb shock
- Wear clothes that will keep you dry and comfortable
- Wear a baseball cap or visor to keep cool in the heat
- Choose a safe place to walk. Walk in the daytime or at night in well-lighted areas.
- Do light stretches before and after you walk to avoid stiff or sore muscles.

While walking, remember to keep your chin up and your shoulders held slightly back. Swing your arms as you walk. You should also walk so the heel of your foot touches the ground first and with your toes pointed forward. Start gradually and pace yourself. After a few weeks, begin walking a little faster, going a little further, or walking for longer periods of time.

Remember to contact your doctor before starting any strenuous activity.

For more information about walking and other exercising tips, visit the county health department's Physical Activity Program at <http://lapublichealth.org/physact/index.htm>.



# Help Save a Life

## Learn CPR Today!

During an emergency when a person's breathing and heartbeat have stopped, every second that passes without medical intervention can increase his chances of permanent brain damage or death. Knowing how to properly perform cardiopulmonary resuscitation (CPR) on an unconscious victim can greatly increase the chances for his survival.

CPR is a lifesaving technique that involves a combination of mouth-to-mouth rescue breathing and chest compression. Until a normal heartbeat can be restored, CPR can maintain the life of the victim by keeping oxygen flowing to his brain and other organs. However, it needs to be applied as soon as possible after the victim collapses.

To make CPR easier for all rescuers to learn, the American Heart Association has recently updated their CPR recommendations. For the first time, all single rescuers can use a ratio of 30 chest compressions to 2 breaths, whether the victim is an adult, child, or non-newborn infant under 1 year.

### Adult (8 years and above)

- 1) Check to see if victim is responsive. Tap him and ask loudly, "are you okay?"
- 2) Call 9-1-1. Be prepared to give your location, the number of victims, their conditions, and the type of aid provided. Don't hang up until the dispatcher tells you to. The dispatcher can help you with CPR instructions.
- 3) Airway. Put victim on his back and kneel next to his neck and shoulders. Put your palm on the person's forehead and gently push down. With the other hand, gently lift the chin forward to open the airway. Take no more than 10 seconds to check for normal breathing. (Gaspings is not normal.)
- 4) Breathing. Pinch victim's nose and cover his mouth with yours. Take a regular breath, not a deep breath, and blow into

the victim's mouth. Make sure you see the chest rise. Give another breath. Each breath should about one second. Circulation. After two breaths, if the victim is still not breathing normally, begin chest compressions. Place the heel of one hand on the victim's chest, right between the nipples. If needed, place the second hand on top of the first hand. Keep your elbows straight and your shoulders directly above your hands. Push down 1 \_ to 2 inches hard and fast, at the rate of about 2 compressions per second. After 30 compressions, give two rescue breaths.

- 5) Continue CPR until there are signs of movement or until emergency medical personnel take over.

### Child (1 to 8 years)

Performing CPR on a child is almost the same as an adult, except for the following differences:

- 1) If you are alone and the child is unresponsive, give CPR for 2 minutes (or five cycles of 30 compressions and 2 breaths) before calling 9-1-1.
- 2) Use only the heel of one hand to perform chest compressions. Press down 1/3 of the depth of the child's chest.
- 3) Breathe more gently.

### Infants Under 1 year (non-newborn)

- 1) Check for responsiveness. Shout and tap the baby gently on the shoulder. Don't shake the child. If there is no movement, put infant on his or her back
- 2) Open airway by gently tilting the head and lifting the chin.
- 3) Cover the baby's mouth AND nose with your mouth. Give two small gentle breaths to deliver puffs of air (instead of deep breaths) into the baby's mouth and nose. Each breath should be 2 seconds long. Make sure the baby's chest rises with each breath.



- 4) Put two or three fingers in the center of the chest, just BELOW the nipples. Give 30 gentle chest compressions using your fingers, pressing down approximately 1/3 the depth of the chest.
- 5) Repeat 2 breaths and 30 pumps cycle for 2 minutes, and then call 911.

## YOUR Health

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